

Mental Health America of WI



A Support Group for Suicide Attempt Survivors

MHA is starting a new program to support suicide attempt survivors, along with their family members. This program will consist of two groups, one for those who have attempted suicide and another for family members of those who have attempted suicide.

Heidi's Hope is a two part support program run by peers for those who have attempted suicide along with their family members. These two groups will be running simultaneously.

In a peer facilitated group, suicide attempt survivors will be provided a peer-run group for individuals who want a safe, judgment-free zone to talk about feelings and alternatives to suicide in a trauma informed way.

In a group facilitated by a family member and an attempted survivor, families of attempted survivors are invited to come and share their experiences and feelings in a safe, judgment-free zone.

These groups will begin June 12th, 2013 and will be on the second and fourth Wednesdays of every month from 5:30-7:30PM. Dinner will be provided and this group is **FREE**. The groups will be held at MHAs office which is located at 600 W. Virginia St., Suite 502, Milwaukee WI 53204.



Phone: 414-276-3122
www.mhawisconsin.org
E-mail: sarah@mhawisconsin.org